



Source : Nutrition Business Journal, "Supplement Business Report"(2004 and 2012 editions)



Super Vitamin D



Super Fish Oil

Dietary supplements



Seasonal dish

French DRESSING

INGREDIENTS: VEGETABLE OIL (SOYBEAN, CANOLA), DISTILLED VINEGAR, WATER, SUGAR, SALT, CONTAINS LESS THAN 2% OF: TOMATO PASTE, NONFAT DRY MILK, PAPRIKA, NATURAL FLAVOR, GARLIC*, SPICE, XANTHAN GUM, POLYSORBATE 60, PROPYLENE GLYCOL ALGINATE, ANNATTO, SORBIC ACID AND CALCIUM DISODIUM EDTA TO PROTECT QUALITY. *DRIED

Nutrition Facts		Amount/serving %DV*		Amount/serving %DV*	
Serv. Size 2 Tbsp. (30g)		Total Fat 14g 21%		Total Carb. 5g 2%	
Servings 16		Sat. Fat 2g 10%		Dietary Fiber 0g 0%	
Calories 150		Cholest. 0mg 0%		Sugars 5g	
• Fat Cal. 120		Sodium 260mg 11%		Protein 0g	
Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 4% • Vitamin C 0% • Calcium 0% • Iron 0%			

Ingredient



Overweight



Weight loss



Versatility





Scrip

<Diet with Acorns>

Acorns are widely used in Korean cuisine for their versatility as a food ingredient, and among the many dishes made with acorn; Koreans enjoy 'Dotorimuk', or acorn jelly, a popular seasonal dish.

Another reason for the popularity in acorns is their relatively low calorie content. And according to Korean researchers, acorns can now be made into dietary supplements that can help in weight loss.

Researchers from the Korea Food Research Institute have conducted an experiment using overweight laboratory rats.

The rats were given acorn extract while staying on their usual diet during the time of experiment, and it resulted in a loss of nearly half of their body weight and nearly 20-percent of bad cholesterol after a 12 week period.

"The rats' body fat, especially around the kidney, was reduced by a lot. Nearly 30-percent of body fat near the organ was cut down."

The research team has pointed out that saponin, which provides the bitter taste in acorns, is the main reason for the promising results. However, the team also said that further research is required to fully scrutinize the component, to eventually make it available commercially.

The Korea Food Research Institute said that it is currently conducting numerous tests to assure the safety of such acorn-made products.

<Dictation 1 >

Acorns are 1._____ used in Korean cuisine for their versatility as a food 2._____, and among the many dishes made with acorn; Koreans enjoy 'Dotorimuk', or acorn jelly, a popular 3._____.

Another reason for the 4._____ in acorns is their 5._____ low calorie content. And 6._____ Korean researchers, acorns can now be made into 7._____ that can help in weight loss.

Researchers from the Korea Food Research Institute have conducted an experiment using 8._____ laboratory rats.

The rats were given acorn 9._____ while staying on their usual diet during the time of experiment, and it resulted in a loss of nearly half of their body weight and nearly 20-percent of bad cholesterol after a 10._____.

"The rats' body fat, 11._____ around the kidney, was 12._____ by a lot. 13._____ 30-percent of body fat near the organ was cut down."

The research team has pointed out that saponin, which provides the 14._____ in acorns, is the main reason for the promising results. However, the team also said that further research is required to fully 15._____ the component, to 16._____ make it available 17._____.

The Korea Food Research Institute said that it is 18._____ conducting numerous tests to assure the safety of such acorn-made products.

add+ Grammar approach

widely	fully
especially	eventually
currently	relatively
bitterly	nearly

SOS Activity <Dictation 2 >

Acorns are 1._____ used in Korean 2._____ for their versatility as a food ingredient, and among the many dishes made with acorn; Koreans enjoy 'Dotorimuk', or acorn jelly, a 3._____ seasonal dish.

Another reason for the popularity in acorns is their 4._____ low calorie content. And according to Korean 5._____, acorns can now be made into dietary supplements that can help in 6._____.

Researchers from the Korea Food Research Institute have 7._____ an experiment using overweight laboratory rats.

The rats were given acorn extract while staying on their usual diet during the time of 8._____, and it resulted in a loss of nearly half of their body weight and nearly 20-percent of 9._____ after a 12 week period.

"The rats' body fat, especially around the 10._____, was reduced by a lot. Nearly 30-percent of body fat near the organ was cut down."

The research team has 11_____ that saponin, which provides the bitter taste in acorns, is the main reason for the promising results. However, the team also said that further research is 12._____ to fully scrutinize the component, to 13._____ make it available commercially.

The Korea Food Research Institute said that it is currently 14._____ numerous tests to assure the safety of such acorn-made products.

<Matching words>

1. This is nowhere near the taste of real French _____.
2. I want to start exercising. I think I am _____.
3. . A large _____ will improve an unhealthy body.
4. She used an _____ from a novel in her midterm paper.
5. Without any doubt, retail sales of _____ are booming.
6. The cook is adding an _____ to the mix.
7. From now on, we will _____ your comments.
8. The logical device that is a _____ of a system.
9. They're having a _____ small wedding.
10. On Chuseok, Koreans celebrate the fall harvest with _____.
11. She is a designer of extraordinary _____.

Seasonal dishes ingredient weight loss dietary supplements
Extract overweight cuisine relatively component
Scrutinize Versatility

Matching the words correct the answer

- 1. This is nowhere near the taste of real French cuisine**
- 2. I want to start exercising. I think I am overweight.**
- 3. A large weight loss will improve an unhealthy body**
- 4. She used an extract from a novel in her midterm paper.**
- 5. Without any doubt, retail sales of dietary supplements are booming**
- 6. She is a designer of extraordinary versatility.**
- 7. From now on, we will scrutinize your comments.**
- 8. The logical device that is a component of a system.**
- 9. They're having a relatively small wedding.**
- 10. On Chuseok, Koreans celebrate the fall harvest with seasonal dishes.**
- 11. She is a designer of extraordinary versatility.**

<Listen for details Q&A > I

Answer the question below. Divide into two groups and ask each other one by one.

1. What's the food are widely used in Korea cuisine from the script.

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2. In Korean, How can make for food with Dotori?

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3. Through rat experiments, How much did the rats lose weight and how long?

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4. Which components of acorns have the effect?

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5. What experiment did researcher by using rats at The Korea Food Research Institute?

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6. What kind of research are the researchers assuring of in current conducting?

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<Activity work sheet Q&A > II

1. Have you ever been successful on a diet? Yes? How? No? Why failed?

2. What do you usually eat on weekends?

3. What kind of food do you like?

<How many calories did I eat on last Saturday?>

->Move in pair work, Please asks your partner “What kind of food did you eat on last Saturday?” And then calculate calories.

Ex) Egg boiled 80 + banana 105+milk 103+ramen450.....= 2000kcal

If you have not found food calories, you can use sell-phone for searching.

Calorie-Sheet


















Item	Quantity	Caloric value	Item	Quantity	Caloric value
Break fast			Beverages		
Egg boiled	1	80	Tea, black, no sugar	1cup	10
Egg fried	1	110	Coffee, black no sugar	1cup	10
Egg omelette	1	120	Tea with milk & sugar	1cup	45
Bread slice with butter	1	90	Coffee, milk & sugar	1cup	45
Chapati	1	60	Milk without sugar	1cup	60
Puri	1	75	Milk with sugar	1cup	75
Paratha	1	150	Horlicks, milk & sugar	1cup	120
Subji	1cup	150	Fresh fruit juice	1cup	120
Idli	1	100	Aerated soft drinks	1bottle	90
Dosa plain	1	120	Beer	1bottle	200
Dosa masala	1	250	Soda	1bottle	10
Sambhar	1cup	150	Alcohol, neat	1peg, small	75
Lunch / Dinner			Miscellaneous		
Cooked rice, plain	1cup	120	Jam	1tsp	30
Cooked rice, fried	1cup	150	Butter	1tsp	50
Phulka	1	60	Ghee	1tsp	50
Nan	1	150	Sugar	1tsp	30
Dal	1cup	150	Biscuit	1	30
Curd	1cup	100	Fried nuts	1cup	300
Curry, vegetable	1cup	150	Puddings	1cup	200
Curry, meat	1cup	175	Ice-cream	1cup	200
Salad	1cup	100	Milk-shake	1glass	200
Papad	1	45	Wafers	1pkt	120
Cutlet	1	75	Samosa	1	100
Pickle	1tsp	30	Bhel puri/pani puri	1helping	150
Soup, clear	1cup	75	Kabab	1plate	150
Soup, heavy	1cup	150	Indian sweet/mithai	1pc	150
			Fruit	1helping	75

Calorie chart of commonly used Indian food

Snacks	Name	Quantity	Calories	Meat / Poultry	Name	Quantity	Calories
	Samosa/Kachori	1 pc	308		Butter Chicken	1 serving	250
	Pakoda	1 pc	14		Ch. Biryani	1 serving	386
	Dahi Wada	1 pc	409		Mix Vegetables Curry	1 serving	145
Fruits	Name	Quantity	Calories	Bread / Rice	Name	Quantity	Calories
	Apple	1 pc	72		Chapati	1 pc	120
	Banana	1 pc	105		Paratha	1 pc	260
	Orange	1 pc	62		White Rice	1 cup	204
Vegetable	Name	Quantity	Calories	Sweets / Misc.	Name	Quantity	Calories
	Onion	1 pc	4		Gulab Jamun	1 pc	178
	Lemon	1 pc	7		Laddu	1 pc	110
	Potato	1 pc	110		Barfi	1 pc	125
Milk & Milk Products	Name	Quantity	Calories	Drinks & Beverages	Name	Quantity	Calories
	Milk	1 cup	103		Coca Cola	335 ml	160
	Cheese	1 slice	96		Orange Juice	100 ml	47
	Yogurt	1 cup	243		Tea with milk & sugar	1 cup	40

 칼로리450kcal	 칼로리253kcal	 칼로리232kcal	 칼로리107kcal	 칼로리74kcal	 칼로리599kcal
 칼로리191kcal	 칼로리266kcal	 칼로리194kcal	 칼로리270kcal	 칼로리250kcal	 칼로리90kcal
 칼로리245kcal	 칼로리197kcal	 칼로리653kcal	 칼로리149kcal	 칼로리233kcal	 칼로리185kcal
 칼로리471kcal	 칼로리338kcal	 칼로리247kcal	 칼로리300kcal	 칼로리280kcal	 칼로리140kcal
 칼로리397kcal	 칼로리64kcal	 칼로리531kcal	 칼로리345kcal	 칼로리582kcal	 칼로리180kcal
 칼로리466kcal	 칼로리60kcal	 칼로리51kcal	 칼로리44kcal	 칼로리240kcal	 칼로리57kcal

단위 : 음식정보Kcal, 1인분 기준 / 과일Kcal, 100g 기준 / 주류Kcal, 1잔 기준

 <p>한식</p>	 <p>밥 1공기(200g) 300 kcal</p>	 <p>된장찌개 1인분 128 kcal</p>	 <p>참치김치찌개 1인분 209 kcal</p>	 <p>순두부찌개 1인분 115 kcal</p>
 <p>부대찌개 1인분 340 kcal</p>	 <p>해물탕 1인분 82 kcal</p>	 <p>콩나물국 1인분 15 kcal</p>	 <p>북아국 1인분 57 kcal</p>	 <p>갈비탕 1인분 220 kcal</p>
 <p>불고기 100g 163 kcal</p>	 <p>김치조림 100g 71 kcal</p>	 <p>장조림 100g 100 kcal</p>	 <p>낙지볶음 100g 106 kcal</p>	 <p>말차볶음 100g 480 kcal</p>
 <p>잡채 100g 206 kcal</p>	 <p>김치전 1인분 196 kcal</p>	 <p>파전 1인분 195 kcal</p>	 <p>시금치나물 100g 79 kcal</p>	 <p>도라지나물 100g 110 kcal</p>
 <p>배추김치 100g 33 kcal</p>	 <p>열무김치 100g 21 kcal</p>	 <p>깍두기 100g 31 kcal</p>	 <p>김치국 1인분 174 kcal</p>	 <p>갈비탕 1인분 630 kcal</p>
 <p>설렁탕 1인분 212 kcal</p>	 <p>상계탕 1인분 630 kcal</p>	 <p>떡국 1인분 568 kcal</p>	 <p>갈국수 1인분 545 kcal</p>	 <p>물냉면 1그릇 520 kcal</p>
 <p>비빔냉면 1그릇 578 kcal</p>	 <p>비빔밥 1인분 500 kcal</p>	 <p>만두국 1인분 477 kcal</p>	 <p>라면 1그릇 450 kcal</p>	 <p>떡볶이 1인분 482 kcal</p>